



Bowling

Experience

Your clean bottles are your bowling pins. Add a little water in each bottle to help them stand up (and if outside not blow over). Set the bottles up like bowling pins (3 bottles in the back row, 2 bottles in middle row and 1 bottle at the front). This will form a triangle shape.

From the tip of the triangle take 10 steps forward and place a marker on the ground (string, paper strip etc.). Encourage your child to stand on the marker and use an underarm throw to hit the bottles. The aim is to knock over all the bottles.

This is great for both children and adults to play together.

Learning benefits

- Increases gross motor skills (large muscle skills)
- Improved eye-hand coordination
- Practice under arm throw



10 mins



5 - 12 years

Materials

Recycled plastic bottles
(Juice, water, milk)

Ball

Hints and Tips

Can be set up
indoors or outdoors

Place a little water in
bottom of bottles so
they stand straight
and still

Acknowledge
children's efforts